

## Two words make a difference

By Navy Command Master Chief Petty Officer Rick Beaber

JTF-GTMO Joint Intelligence Group

I would like to talk about two every day words that everyone uses. If taken to heart, they could solve a lot of problems we all have in our professional and private lives. Here are the definitions of each taken from Webster's dictionary.

The first word is **per-son-al:** of, relating to, or affecting a particular person: PRIVATE, INDIVIDUAL <personal ambition> relating to an individual or an individual's character, conduct, motives, or private affairs.

The second word is: re•spon•si•bil•i•ty: 1: the quality or state of being responsible: as a: moral, legal, or mental accountability b: RELIABILITY, TRUSTWORTHINESS.

When put together they mean a lot. These two words can make a world of difference in everything we do. When we apply *personal responsibility* and use it on and off the job, there is never really a question of doing the right thing; it just comes naturally. Let's look at some ways we can apply this to life at Guantanamo.

- 1. Drink responsibly: Don't go overboard and do something you might regret the next day. Is one night of fun worth your career? Is that practical joke you're about to play on someone going to be funny the next day if it hurts or injures someone?
- 2. Be a good neighbor: Guantanamo is pretty big when you first arrive but it gets smaller the longer you're here. Be mindful of the quiet hours in the housing areas according to Standing Operating Procedures. Pick up after yourself and if you're having a party, let your neighbors know and check with them first.
- 3. Be a good steward: Take care of the property you are assigned to while you are here, be it your quarters, vehicle, or gear. If you break



or damage something and do not let someone know, then you are leaving the problem for the next person to worry about or you may have set them up, because of your actions, to not have the privilege you enjoyed.

4. Take care of yourself: Make time each day to work out and keep up your strength. There is something for everyone here; try different sports or get a workout partner. Morale, Welfare and Recreation offers many activities.

This list could go on and on, but you get the idea now. It all starts with you the individual; each of you can add items to your own personal list of things that will help you grow both on and off the job.

Personal responsibility is one aspect of leadership that is sometimes overlooked. We have all heard that to be a good leader you must be a good follower, so pick good leaders to follow. We also know that good leaders lead by example, so make personal responsibility your goal and set that example for the Troopers that follow you.

#### JTF-GTMO

Commander:

Navy Rear Adm. Mark H. Buzby

Joint Task Force CMC:

Navy Command Master Chief Brad LeVault

Office of Public Affairs:

Director: Navy Cmdr. Rick Haupt: 9928

**Deputy:** Army Lt. Col. Edward Bush: 9927 **Supervisor:** Army 1st Sgt. Patrick Sellen: 3649

#### The Wire

**Executive Editor:** 

Army 1st Lt. Kevin Cowan: 3596

Editor:

Army Staff Sgt. Paul Meeker: 3651
Assistant Editor:

Navy Petty Officer 2nd Class

Jeff Johnstone: 3594

Layout and Design: Army Sqt. Scott Griffin: 3594

Army Sgt. Scott Griffin: 3594
Army Sgt. Jody Metzger: 2171

Staff Writers:

Army Spc. Shanita Simmons: 3589 Army Spc. Daniel Welch: 3589

Navy Petty Officer 3rd Class William Weinert

#### Contact us:

Base Information: 2000 Public Affairs Office: 3651 or 3596 From the continental United States: Commercial: 011-53-99-3651 DSN: 660-3651

1. 000-3031

#### ON THE COVER:

Sam Scott, JTF Area Manager for Food Services, prepares Halal meals for detainees at the Seaside Galley. (Photo by Army Spc. Shanita Simmons)

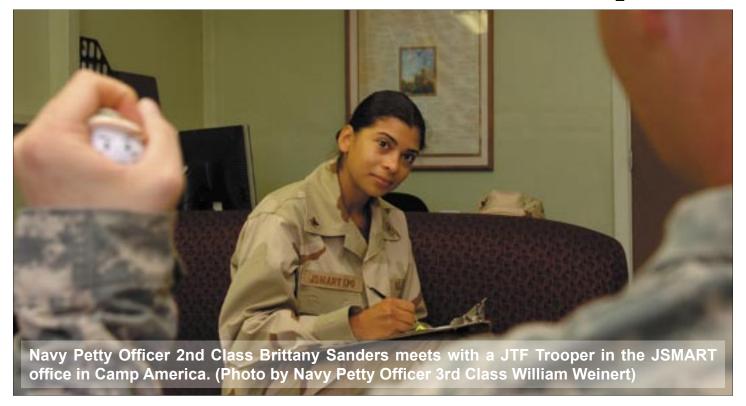
#### Online:

www.jtfgtmo.southcom.mil



The Public Affairs Office JointTaskForce-Guantanamo, produces *The Wire*, which is printed under the provisions of Department of Defense Instruction 5120.4

## Stress team listens to Troopers



Story and photo By Navy Petty Officer 3rd Class William Weinert

JTF-GTMO Public Affairs

While American servicemembers are deployed around the world, many unexpected issues arise. Some of these issues involve combat and work related stress, while others involve family situations, relationships, and other issues involving home life. If these issues are not dealt with responsibly, stress can result and make life unbearable.

Thankfully, there is help out there for all who need it. It is the kind ear to talk to when you are feeling down and the assistance you need when you feel you have nowhere else to turn. This "ear" is provided by the understanding people at the Joint Stress Mitigation and Restoration Team (JSMART), which is sometimes referred to as Combat Stress Control

JSMART services began when the Joint Task Force arrived at Guantanamo. When JSMART programs first started, they were manned by an Army staff, but since the spring of 2006, Navy personnel have carried the mission of maintaining unit cohesion and continuously working

on performance enhancement.

"Often people can deal with the long hours and the hard work, but external things can push people to the low point," said Petty Officer 2nd Class Brittany Sanders.

Some of the common issues facing Troopers are missing friends and family, lack of privacy, marital infidelity, dealing with co-workers or chain of command, and limited sleep and free time.

JSMART works closely with other Guantanamo agencies to help Troopers with these issues. Some of the services offered include stress management, positive coping skills, relationship building, assertiveness training, conflict resolution, relaxation techniques, and goal setting.

"We have a variety of classes we cofacilitate with other programs such as the Fleet & Family Service Center, the Chaplains' office, the naval station hospital, Substance Abuse Rehabilitation Programs, Family Advocacy Programs, and Sexual Assault Victim Intervention programs.

"We [all serving agencies] serve as an ear when people need to talk and we help people deal with any issues they're facing,"

said Sanders.

Troopers are often apprehensive about going to talk to someone. They worry that they might be perceived as weak.

"There is a stigma about going to JSMART, but people have to remember that going to talk to a counselor does not mean that you are weak. It means you are strong enough to work for solutions to your problems," Sanders explained.

In an effort to expand its services, JSMART extends its outreach to the Troopers working inside the camps.

"We make regular trips into the camps to distribute stress balls, which improve morale and we talk to the Troopers to make sure that everything is going smoothly. Recently we have started doing night rounds to accommodate night guards," said Sanders.

The JSMART facilities are behind the Chaplain's office in Camp America. If Troopers feel the need to talk to someone, daily walk-ins are always welcome. If problems arise after working hours, the duty phone at 3566 is manned 24 hours a day, seven days a week. JSMART will also assist Troopers requiring transportation.

## Gitmo colleges offer education assistance

Story and photo by Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Are you looking forward to expanding your educational horizons? If so, you can jump-start your career by meeting with one of the education advisors available at Columbia and Navy Colleges here at Guantanamo Bay.

Whether Troopers plan to attend courses held at the Columbia College campus or with another institution, education advisors from Columbia or Navy College are available to assist them.

Navy College opened its doors on Aug. 1 to provide Navy and Marine servicemembers with the guidance necessary to locate degree programs that meet their needs and to help initiate tuition assistance (TA).

Troopers from all military branches can receive similar assistance from Columbia College advisors. With the fall session beginning on Oct. 22, Columbia College Director Melissa Belleman said her education advisors will show Troopers how their civilian and military experience can be credited towards a degree within their program.

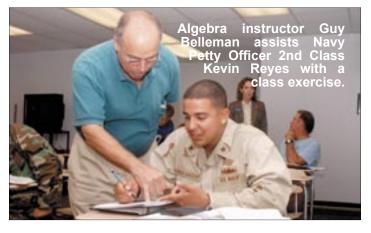
"We help Troopers through the process of finishing their education while they are at Gitmo," said Belleman. "There is no reason why a person cannot take a class while they are deployed here, even if they are currently attending another school. Our program is nationally accredited, so we can guarantee that a course taken here is going to transfer to another institution."

Columbia College offers online and in-seat degree programs ranging from general studies to criminal justice. During the fall semester, two evening sections of in-seat courses provide instruction in algebra, chemistry and english composition. For Troopers who cannot attend the eight week in-seat courses, Columbia also offers more than 100 online courses. Belleman encourages first time students to take in-seat courses, since the online courses require a lot of self-pacing and discipline.

"We try to get students to take the in-seat classes first. When they have gotten into the rhythm of taking courses, we suggest that they try an online course," said Belleman.

Before Troopers register for classes, Belleman suggests that they research available sources that allow them to earn college credit without taking a course. Many colleges will accept credit students received by taking exams such as the College Level Examination Program (CLEP) and Defense Activity for Non-Traditional Educational Support tests. Belleman said that these 90-minute exams, which cover a variety of subject areas, allow Troopers to receive course credit without sitting classrooms.

Troopers interested in taking CLEP exams can check out books and various study aids at the Morale, Welfare and Recreation Community Library here.



The Navy provides its servicemembers with a quick way to convert their military and civilian experience into college credit. Candice Rice, the educational services specialist at Navy College, said she is available to educate Sailors and Marines on the Sailor/Marine American Council on Education Registry Transcript system (SMART) and the Sailor/Marine Online Academic Advisor (SMOLAA), which are accessible through their Navy Knowledge Online accounts.

"Sometimes a Sailor will state that they are not sure where they want to go and what they want a degree in," said Rice. "So we do a background information check with the student using the SMART system to help the student determine whether they want to do a rate-related degree or if they want to go outside of their rate," Rice said.

This information in SMART can then be used to access the SMOLAA online advisory tool which contains a database of colleges that may accept the servicemembers' experience as course credit.

"The SMOLAA system connects Sailors with 17 Navy distance learning partnership schools that have created raterelated degree programs that show a servicemember how the education they gained when obtaining their rate can be converted into college credit," said Rice.

In addition to providing professional guidance, Rice is available to assist Sailors and Marines with initiating the TA process. Rice said that all Troopers should be mindful that TA is a privilege and eligibility to receive the funding must be approved by their commander.

Under the new Navy Administrative Regulation 161/17, Sailors or Marines are eligible for tuition assistance if they have passed their last physical readiness test, have not received a non-judicial punishment within the last six months and are promotable. In addition, Navy personnel who have less than 19 years of service and are within one year of their enlisted

Continued on Page 13

## New missions demand new uniforms



By Navy Petty Officer 3rd Class William Weinert

JTF-GTMO Public Affairs Office

With the increased numbers of Troopers deploying together in joint missions around the world, new uniform needs have arisen. The Army has focused their uniform updates on accommodating the needs of Soldiers on the battlefield, while both the Air Force and the Navy have approved updates to their current duty uniforms to both cut down on cost and increase appearance of cohesiveness between the services.

The Army recognized the need for uniform changes after noticing problems with the weight and fit of uniforms worn by Soldiers in combat situations. In an effort to integrate layers of protection and increased comfort to Soldiers on the battlefield, the Army developed the Army combat shirt.

The combat shirt, which is designed as a base layer, will be worn instead of the current Army Combat Uniform (ACU) top while Soldiers wear the Interceptor Body Armor, allowing more comfortability.

Made from a breathable, flame-resistant. anti-microbial cotton and rayon blend, the combat shirt maintains the flame resistant properties of the current combat pants and gloves issued to combat Soldiers.

The combat shirt sports foliage green torso and retains sleeves a universal camouflage that contain anti-abrasive elbow pads. Additionally,

combat shirt maintains many of the ACU's features, including the cargo pockets, infrared identification tabs and Velcro fasteners to hold the American flag.

While the Army has focused on combat related modifications

to their uniforms, the Air Force has decided to replace its current Battle Dress Uniform (BDU) with the

Airman Battle Uniform (ABU).

The ABU is a more easily maintainable uniform and features softer tones that closely resemble the colors of the Army ACU. The main difference between the two uniforms is the pixilated tiger stripe pattern printed on the ABU.

The Air Force is currently distributing the ABU to troops deploying to combat zones, and projects a total uniform transition by 2011.

While the Army and Air Force are making comparatively subtle changes to their uniform designs, the Navy is making more radical changes. The Navy will be dropping seven existing uniforms for a single, year-round working uniform called the Navy Working Uniform (NWU).

The color scheme of the NWU will be mostly blue with some

> grev blended in a digital woodland camouflage pattern. The NWU will be made of nearly maintenancefree cotton and nylon blend. It will be ac-companied by a blue cotton black t-shirt, leather boots and eight-point cover.

The Navy's behind intent introducing the NWU is to provide Sailors

with a comfortable uniform that is appropriate for a joint service environment. Also the new uniform will be easier to maintain than previous uniforms, last longer, and reduce the amount of uniform items Sailors need in their sea bags.

The NWU will be available for purchase in late fall, and all sailors have a two-year transition period to update their uniforms. For more information on uniform changes in your service branch, check out military.com.

Information from www.army.mil, www.navy.mil and www.usmilitary. about.com contributed to this article.



## College Football Heats Up!



#### By Army Spc. Dan Welch

JTF-GTMO Public Affairs Office

With four weeks down, the NCAA Football season is starting to get interesting. Some programs thought to be contenders have dropped completely out of the Top 25, while others with question marks entering the season have risen towards the top with exceptional play. Let's take a look at the current Associated Press Top 10 and look at some of the schools whose stock is rising.

- 1. USC Trojans: Pete Carroll's boys were the unanimous pick entering the season and have not disappointed thus far. Star quarterback and Heisman hopeful John David Booty has been exceptional, passing for 629 yards and nine touchdowns, leading USC to a 3-0 record including a huge win in Nebraska in week two.
- **2. LSU Tigers:** When talking Tigers football, the first thing that must be mentioned is their defense. LSU has been overwhelming at times, led by their big senior defensive tackle Glen Dorsey. After overwhelming Mississippi State in their first game, LSU hammered then ninth ranked Virginia Tech 48-7 in week two, and dispatched Middle Tennessee State and South Carolina en route to a 4-0 record.
- **3. Oklahoma Sooners:** At the beginning of the season there were question marks all over the field for head coach Bob Stoops and his Sooners, but they have thus far stepped up in a big way. Quarterback Sam Bradford has been a major success throwing for 1,067 yards and 14 touchdowns. The offense has outscored opponents 246-47 thus far.
- **4. Florida Gators:** Quarterback Tim Tebow nearly broke a Florida record for carries last weekend with 27 and 166 yards, in a tough 30-24 win over Mississippi. Florida is young and still learning to gel coming off of last season's national championship run. A huge road test against LSU in Baton Rouge is slated for later in the season which may determine not just Southeastern Conference dominance but national dominance as well.
- **5. West Virginia Mountaineers:** West Virginia's vaunted running attack leads



www.yahoo.com

their offense so far this season. Quarterback Pat White, known mostly for his blinding speed coming into this season, has begun throwing the ball with more consistency completing 71% of his passes for 617 yards and six touchdown along with 286 yards rushing. With a weak Big East Conference, except for Rutgers, the Mountaineers should cruise the rest of the season.

- **6.** California Golden Bears: California wins by scoring a ton of points and hoping their opponents won't. They have scored 34 points or more in each of their four games this season. Justin Forsett has rushed for 484 yards and seven touchdowns. If the Bears defense can continue to slow down opponents, then their explosive offense should make the Nov. 10 matchup vs. USC very interesting.
- 7. Texas Longhorns: Likely the next team to drop out of the top 25. Three weeks ago Central Florida was a fourth-quarter fumble away from knocking off Texas. They rebounded this past weekend to drill in-state rival Rice 58-14. Sophomore quarterback Colt McCoy shined in his outing vs. Rice, tossing 295 yards before half-time. But spotty special teams work, as well as suspect defense, continues to haunt the Longhorns who are questionable in upcoming games with powerhouses like Oklahoma.
- **8.** Ohio State: At the start of the season the talk in the Big 10 was all about Michigan. Since their fall, Ohio State has quietly staked claim to Big 10 bragging rights. Led by a staunch defense that has not allowed more than 14 points in a game and early season struggles by many big name teams in the Big 10, Ohio State could very well contend

for a national title by year's end.

- 9. Wisconsin Badgers: Like Ohio State, the Badgers were somewhat of an afterthought at the opening of the season compared to favorites Michigan and Penn State. However, quarterback Tyler Donavan has stepped in and become an effective game manager, tossing only one interception to go along with seven touchdowns. Wisconsin beat Iowa in an emotional 17-13 Big 10 opener last weekend. They are anchored by a defense that has yielded only one touchdown all season.
- 10. Rutgers Scarlet Knights: The last time the Scarlet Knights were this good, the United States was still recovering from the Civil War. Rutgers has hammered its opponents this season scoring nearly every time they've had the ball. Senior tailback Ray Rice continues to shine this season, averaging 4.8 yards a carry. Quarterback Mike Teal has been on fire throwing for nearly 1000 yards in his first three games. Wide receiver Tiquan Underwood has been exceptional catching 20 passes for 500 yards and three touchdowns. Like West Virginia, the schedule for Rutgers is less than imposing, so their match-up with the Mountaineers later in the year should be explosive. www.nj.com



## JTF runs and represents in our nation's capital



#### By Army Staff Sgt. Paul Meeker

JTF-GTMO Public Affairs Office

Seven motivated Troopers representing Joint Task Force – Guantanamo leave Sept. 29 for Washington, D.C. to participate in the Army Ten Miler race to be held Oct. 6. They, along with 30,000 other entrants, will beat pavement past the Lincoln Memorial, Washington Monument and the Capital in this historic sports event that begins and ends at the Pentagon.

The goal, according to team leader Patrick Sellen, is for the team to place competitively – perhaps even a top-ten team finish. The team time is determined by the top four individual times within the team. Since all seven JTF entrants posted competitive times in the Army 10 Miler pre-qualifier held here on May 5, this goal is not necessarily beyond reach.

As for personal goals, Wilfredo Turrel (winner of several major Guantanamo races in the past half year) said back at the pre-qualifier in May that he hoped to beat his best time and place in the top 100. Sellen's personal goal is to finish in 70 minutes or less.

The Joint Task Force entrants are Wilfredo Turell, Rafael Rivas, Luis Gonzales, Alexander Europa, Larry Thomas, Roberto Serrano, and Patrick Sellen.

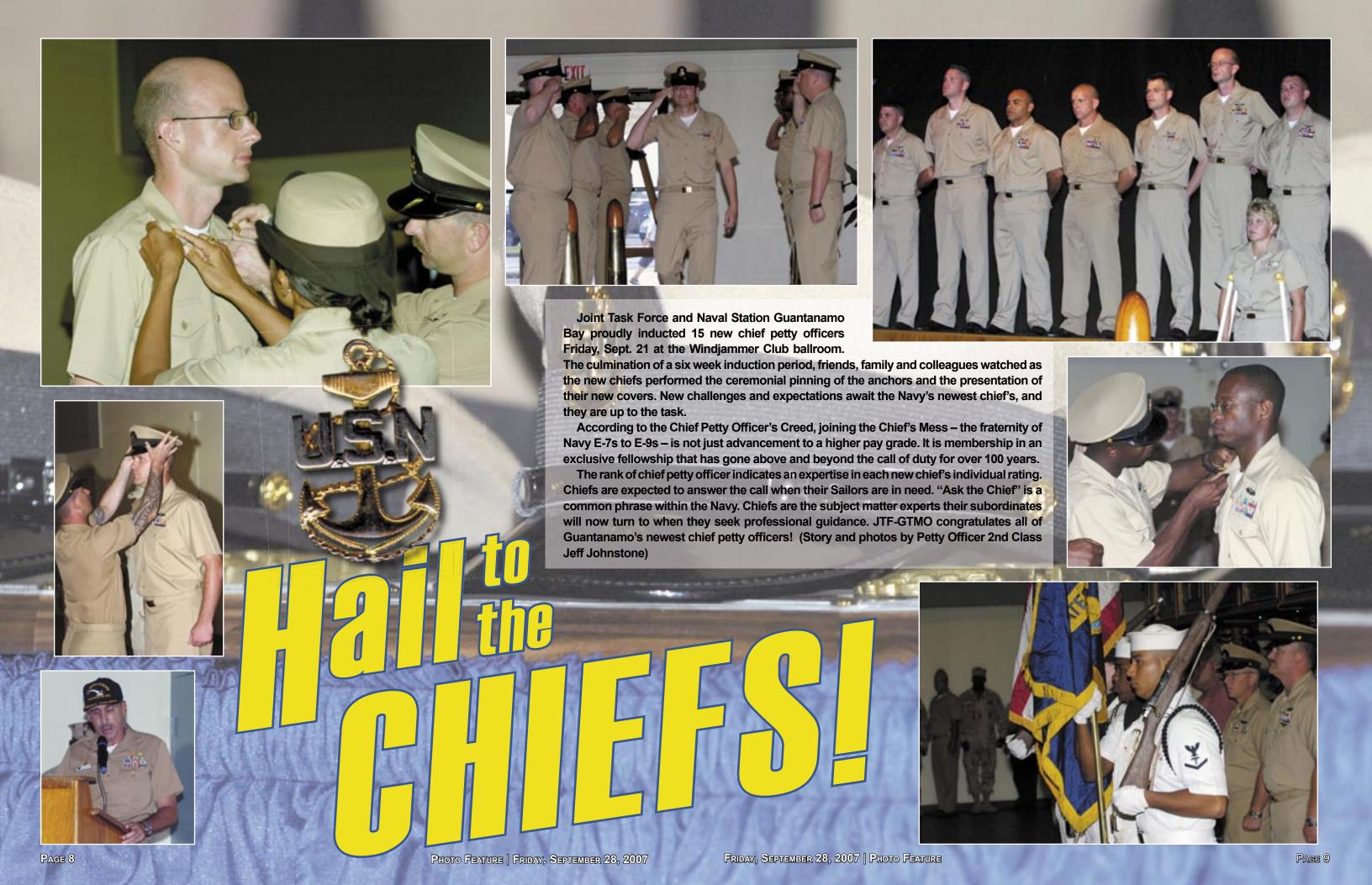
## FENCE LINE RIDE / RUN



- 22 MILE RIDE / RUN
- SAT. OCTOBER 6, 2007
- SHOWTIME AT MARINE HILL NO LATER THAN 0530
- EVENT STARTS AT 0630
- BEGINS AT KITTERY BEACH
- ENDS AT MOP 01 ON L.W.

- \$15.00-BIKERS / \$20-RUNNERS
- PRICE INCLUDES A CERTIFICATE OF COMPLETION AND BIKE / RUNNER NUMBER
- SIGN-UP OCTOBER 1<sup>ST</sup>-5TH
- SIGN-UP AT MARINE HILL WHITE HOUSE OR CALL 2643 / 2703.

#### ALL PROCEEDS GO TO THE MARINE CORPS BALL FUND





## Despite commitments, U.S. Forces ready for any contingency

By Army Sgt. Sara Wood

American Forces Press Service

The commitment of ground forces in Iraq and Afghanistan is heavy, but the U.S. military has ample forces to respond to any other contingency that may arise, the general in charge of planning for the Joint Chiefs of Staff said in Washington, Sept. 25.

About 490,000 military members are forward-deployed around the world, with 234,000 in Southwest and Central Asia, about 139,000 in the Pacific, about 96,000 in the European theater, and a little more than 4,000 in Latin and Central America and the Caribbean, Army Maj. Gen. Richard Sherlock, director of operational planning for the Joint Staff, told reporters at the Pentagon.

While that may seem like a big number, it includes units that are stationed in Korea, Germany, Japan and other places, which are technically forward-deployed but are available for combat deployments, he said. "If need be, the American armed forces will respond to whatever requirements are laid on it by the secretary of defense and the president," Sherlock said. "If you have forces that are available – again, whether they're in the U.S., whether they may have just redeployed, or whether they're forward-stationed – they may be available, depending on what theoretical contingency would occur."

In Iraq, U.S. forces are focused on building the efforts of the Iraqi security forces, Sherlock said. Last week, 744 new police officers from Abu Ghraib graduated, and this week, 800 more will graduate. During the next six months, 12,000 Iraqi security personnel will be trained, he said.

"While it will take some time to season those personnel, it again is a clear indication of the dedication of the Iraqi people to the security of their nation," Sherlock said.

As the U.S. military is acting on

Photo by Navy Petty Officer 2nd Class Eli Medellin

troop-level decisions President Bush made based on recommendations from commanders on the ground, the Army is working to increase time at home between deployments for soldiers, Sherlock said. The ideal situation would be to give soldiers 12 months at home for every 12 months they spend deployed, but moving to that system will depend on conditions in Iraq and the need for forces, he said.

Sherlock also emphasized that the movement of troops from Iraq will depend on conditions there. The president announced that a Marine expeditionary unit, a brigade and two battalions will leave Iraq before the end of the year. The Marine expeditionary unit is in the process of redeploying, but decisions about the battalions and brigade have not been made yet, Sherlock said.

"You have to make sure what you don't do is give up gains that you've made in an area to move forces around," he said.

## Security Clearance FAQ-Part 1

Submitted by Tony Camera

JTF Security Manager

The J2 Security section gets many questions on a daily basis about security clearances. Below is a list of the most common questions asked along with answers to those questions. If you have a question that is not answered here please contact a member of the J2 Security team.

#### What is a security clearance?

A security clearance is a determination by the United States government that a person is eligible for access to classified information.

## What are the levels of security clearance, and how are they measured?

Security clearances can be issued by many United States government agencies, including the Department of Defense, the Department of Energy, the Department of Justice, and the Central Intelligence Agency. Department of Energy clearances include the "Q," "R" and "L" levels. Most security clearances are issued by the Department of Defense and include Confidential, Secret and Top Secret.

## What type of information is requested on a security clearance application?

The amount and detail of information varies with the level of clearance requested. It may include family information, past and current work history, locations you have lived, roommate names, financial history, travel history, groups or affiliations, and more.

#### What is an interim security clearance?

An interim clearance is the first step toward obtaining a final clearance and is issued fairly quickly. An interim is issued once a review of the application is completed and the candidate is determined eligible. An interim clearance allows someone access to collateral classified information (at the level requested without a caveat) while his or her final clearance is being processed. For example, a person with an Interim Secret may have access to a document marked "Secret," but not a caveated one, i.e., "Secret COMSEC." Interim Secrets are not issued automatically and can be denied. A denial, however, does not mean that a final will

not be issued. It means there is something on the application which must be first reviewed and investigated fully. Interim Top Secret clearances must be requested by the security manager or SSO. An Interim Top Secret is equal to a final Secret.

#### **Obtaining a Clearance**

Can I obtain a security clearance on my own?

No. You must be sponsored by a government entity.

## Can non-US citizens obtain security clearances?

Very rarely. In extreme special circumstances and only with the permission of the government entity owning the classified information can a non-US citizen obtain a clearance. This person would be a world class scientist, dignitary, or other high level friend of the US government.

## What types of things can prevent someone from receiving a security clearance?

For collateral (TS, S, C) clearances, all requested information must be disclosed honestly. Falsification and felonies are two items which may cause the government to deny a clearance. Issues such as financial trouble, including insufficient funds, bankruptcy and bad check writing, illegal drug or heavy alcohol use, excessive foreign contact or unexplained affluence must all be explained and investigated thoroughly before a decision can be made and a security clearance granted or denied.

#### **Clearance Process**

## How long does it take to process a security clearance?

The average time to process a security clearance is presently 18 months. However, the length of time is widely varied depending upon the level of clearance and the issues involved. Three distinct parts of the process are: pre-investigation (filling out the appropriate forms), investigation (the Office of Personnel Management conducts the background check on the individual) and adjudication (an Office of Personnel tManagement representative reviews the investigation results along with other information and makes a determination on

clearance award).

## How is a security clearance investigation carried out?

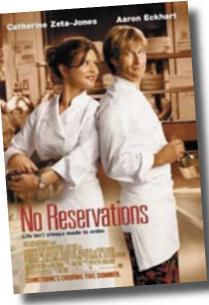
Agents or contract agents with the Office of Personnel Management use both electronic and human means to investigate each clearance candidate. The Defense Security Service (DSS) no longer conducts personnel clearance investigations.

## For what reasons could an individual be denied a security clearance?

Basically, there is no one thing that will result in denial of a security clearance and there are not many instances in which a person's clearance is denied. Clearance adjudicators use a documented guide and "formula" to determine whether or not the individual is eligible for a security clearance. In an applicant, they look for honesty, trustworthiness, character, loyalty, financial responsibility, and reliability. On cases that contain significant derogatory information, further investigation is usually required. There are, however, four criteria which will positively result in the denial of a clearance: an individual convicted of a crime and sentenced to prison for more than one year, an applicant is (currently) an illegal user of, or is addicted to, a controlled substance, the subject is mentally incompetent, or the individual has been discharged or dismissed from the armed forces under dishonorable conditions. When there is an issue with a candidate and more review needs to occur prior to granting or denying a clearance, the paperwork is forwarded to the Department of Hearing and Appeals (DOHA) for further processing. DOHA puts all the information together, provides its recommendation and then goes to the requesting government agency for a final decision. Once the decision is made, the applicant is notified. In addition, the applicant is allowed a detailed appeal process.

## Can a naturalized person get a Personnel Clearance?

Yes. A naturalized person is to be treated as a US citizen. However, the naturalized person may have to provide information on his or her clearance application regarding foreign relatives, associations, etc.



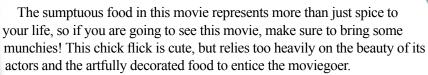
## Don't make reservations

By Army Sgt. Jody Metzger

JTF-GTMO Public Affairs Office

Rated: PG

**Running Time: 103 minutes** 



Unfortunately, "No Reservations" lacks originality as it follows the generic love story that Hollywood tends to pull off so frequently. The film is an updated version of a German feature film titled "Mostly Martha" with a few trendy twists thrown in from director Scott Hicks and screenwriter Carol Fuchs.

In this romantic 'dramedy', Kate Armstrong (Catherine Zeta-Jones) is the unhappy head chef of a Greenwich Village restaurant. She's considered a hyper-perfectionist at her chosen profession, and the film illustrates this by showing her Stalin imitation as she goes full 'terminator mode' on her kitchen workers when their work fails to meet her expectations.

Kate's 'perfect' little world falls apart when her sister dies in a car accident and she must assume care of her pre-teen niece, Zoe (Abigail Breslin). This affects Kate's performance at work, and her manager lets her know this by hiring the free-spirited Nick Palmer (Aaron Eckhart) to assist her in the kitchen. Kate and Nick are quickly attracted to each other in this single-minded romance and soon enough – well, you know what happens next.

This movie illustrates that even in dark times happiness can surface. Young Zoe is key to bringing light to Kate's unemotional and uneventful love life. Kate flourishes through the relationship she develops with this adorable child who shows her that her life, like the food Kate so lovingly creates, can be interesting and worth enjoying.

The best part of the movie is the young actress, Abigail. She works well with her costars and does a good job of portraying a misguided and grief-stricken child.

Rating: ★★★★★

## WEEKLY WEATHER FORECAST

#### Saturday, Sept. 29

Highs in the low - 90's, and lows in the mid-70's.



Isolated T-Storms
Sunrise: 6:51 a.m.
Sunset: 6:51 p.m.

Chance of rain: 30%

#### Sunday, Sept. 30

Highs in the high - 80's, and lows in the mid-70's.



Isolated T-Storms

Sunrise: 6:51 a.m. Sunset: 6:50 p.m. Chance of rain: 30%

#### Monday, Oct. 1

Weather forecast provided by www.weather.com

Highs in the low - 90's, and lows in the mid-70's.



Scattered T-storms
Sunrise: 6:52 a.m.

Sunset: 6:49 p.m. Chance of rain: 30%

#### Tuesday, Oct. 2

Highs in the low - 90's, and lows in the mid-70's.



Sunrise: 6:52 a.m. Sunset: 6:48 p.m. Chance of Rain: 60%

Scattered T-storms

#### Wednesday, Oct. 3

Highs in the low - 90's, and lows in the mid-70's.



Sunrise: 6:52 a.m. Sunset: 6:47 p.m. Chance of Rain: 60%

Scattered T-storms

#### Thursday, Oct. 4

Highs in the low - 90's, and lows in the mid-70's.



Sunrise: 6:52 a.m. Sunset: 6:46 p.m. Chance of Rain: 60%

Scattered T-storms

#### Friday, Oct. 5

Highs in the high - 80's, and lows in the mid-70's.



Sunrise: 6:53 a.m. Sunset: 6:46 p.m. Chance of Rain: 60%

Scattered T-storms

### Liberty Center wired for Trooper's pleasure

Story by Army Spc. Dan Welch

JTF-GTMO Public Affairs

Finding off duty activities at Camp America can be bit daunting. With the Exchange and the Navy Windjammer Club a few miles down the road and the beach a long walk in the other Camp **America** direction. feels very secluded. But fear not, the Camp America Moral Welfare and Recreation (MWR) Liberty center, which opened a few months ago, is now fully operational!

The Liberty Center, located between Club Survivor and the Caribbean sea is packed to the brim with a wealth of entertainment options and is open 24 hours a day to accommodate all shift workers.

"The Camp America Liberty Center offers Internet access via any of our 28 computers or via WiFi service," explained Craig Basel, MWR Installation Program Director. "We also offer games, Xbox 360 and Playstation 3, pool, ping pong, Internet gaming and first run movies."

Basel went on to explain that all this is offered on top of the special activities and events that MWR coordinates for Camp America throughout the year.

Until recently, the Liberty Center was run out of room N004, a sea hut that MWR deemed as unacceptable for Liberty operations. Now instead of an old sea hut with dusty floors, a clamshell with carpet, adorned with plush leather couches and big screen TVs, hosts Troopers day and night.

So if you are looking for a good time but don't want to ride the bus downtown to find it, come on over to the Camp America Liberty Center. They probably have just what you are looking for.

#### COLLEGE from Page 4

termination of service date will not qualify for TA. If a Sailor has extended or reenlisted, they can obtain a letter from their command giving them permission to use TA.

Although many Sailors and Marines believe the TA registration process is long and tedious, Bellemen said that their time and efforts will be worth it in the future.

"Even if you take one class at a time, it adds up and eventually you will have a degree. Troopers must be in the right frame of mind when they choose to take a course, and the benefits will be well worth it," said Rice.

Soldiers can access similar information in the Army Training Requirements and Resources System (ATRRS) and Airmen can utilize the Air Force Library Education Resource Center system to obtain an outline of their current and past course work. According to Belleman, Columbia College advisors can use printouts from these systems to review Troopers' coursework to help determine if their experience can be converted into coursework.

#### **Boots on the Ground**

By Navy Petty Officer 3rd Class William Weinert

"What has been the greatest challenge you have faced while serving in Gitmo?"

-Army Spc. Krystal Ahern



Taking over my own supply room.

-Army Staff Sgt. Colon Arcides



The work and doing the job right.

-Air Force Master Sgt. Lillian Hillman



It hasn't been challenging. It's been a pretty easy deployment.

-Army Sgt. 1st Class Reginald Snell



Getting used to the weather.

# Jewish Troopers celebrate God's goodness

By Army Chaplain (Col.) Jacob Goldstein

Office of the Chief of Chaplains, U.S. Army Reserve

The month of Tishrei is the 'richest' month in the Jewish calendar. It includes the most awesome days – Rosh Hashana and Yom Kippur (Jewish New Year) as well as the happiest days – Sukkot and Simchat Torah. This year the High Holy Days began on Sept. 12 and will conclude on Oct. 6 2007.

Every Jew participates in one way or another. Celebrating the High Holidays gives Jews a sense of renewal and serves to inspire them for the entire year to come.

Each holiday is not only a time of remembrance of a certain occasion in history, but is also a recurrence of the original event. It is a time

of reawakening of the special relationship between God and the Jewish people, and between God and the world. In order to commemorate the holiday properly and observe and experience it meaningfully, one must prepare for the occasion accordingly.

Rosh Hashana is a time when Jews once again accept God's Kingship, and when the entire creation, the universe with all its creatures, is judged. Yom Kippur is the time when the Almighty forgives us for all our wrongdoing. Sukkot and Simchat Torah are times when we rejoice in the renewal of the relationship.

Therefore, Jews must be properly prepared for judgment, worthy of forgiveness, able to truly cherish



and value the renewal of a relationship bestowed upon them by God. In Jewish tradition, the entire month of Elul, preceding the High Holidays, is the month of preparation.

On Rosh Hashana, when the world is judged for the coming year, the hope and prayer of Jews is that God will decree for them a good

and sweet year. Goodness is unlimited. God, in His infinite compassion, gives Jews the opportunity to make the year the best ever. The period between Rosh Hashana and Yom Kippur is known as the Ten Days of Repentance. It is granted to ensure Jews (through their service to God) that on Yom Kippur He will bestow complete forgiveness and even more largesse than on Rosh Hashana.

Service to God in these days is Teshuvah, Tefillah and Tzedakah, as stated in the liturgy of Rosh Hashana and Yom Kippur. These are commonly rendered as repentance, prayer and charity. Everyone should be blessed with a happy and healthy New Year.

# COMMITMENT

## An unwavering dedication to a cause

Submitted by Army Spc. Rebecca Nobles

JTF-GTMO

Commitment by definition is the act of binding oneself to a plan of action, an unwavering dedication to a cause. The strength of purpose from which commitment is born is conceived of vision and diligence. Commitment means that no matter

what obstacle is met, the mission or objective will be completed and completed correctly. Without dedication, commitment becomes nothing more than base obsession, an unfocused, yet unwavering attention to vague matters. Commitment is viewed as the adhesive which keeps a plan of action rooted in reality.

## Seaside manager greets Troops with a smile

#### Sam Scott, JTF Area Manager for Food Services



Story and photo by Army Spc. Shanita Simmons

JTF-GTMO Public Affairs Office

Anyone who eats at the Seaside Galley located in Camp America, Guantanamo Bay understands how infectious a smile can be.

One of the biggest smiles you will see upon entering the dining facility is that of manager Sam Scott. Scott and her staff work diligently in all the dining facilities here guaranteeing that Troopers are served a nutritious, well balanced meal. Whether they are serving Troopers or detainees residing in the detention facilities here, her staff works long hours to ensure they meet the high standards set by the Navy and the Joint Task Force (JTF).

"When we open the chow hall doors, we see how excited the Troopers are as they walk in," said Scott. "That's when all the hard work pays off, and we don't feel tired anymore."

A large part of Scott's mission is to ensure that Troopers receive a variety of foods that meet the daily nutritional allowances set by the Navy. She does this by following a master menu created by the Navy that is not only nourishing, but also appeals to the pallet of Troopers from various cultures. Additionally, Scott and her staff are tasked with preparing meals for detainees that must be approved by the naval station and the JTF leadership.

"This is the first time I have worked in this type of environment. Working here calls for a lot of attention. We have great employees here who make sure that we do not make any mistakes," said Scott.

In addition to salads, sandwiches and other hot

foods traditionally served in military dining facilities, Scott mentioned that more ethnic foods are also available on their Asian, Mexican and pasta bars. Since Troopers and civilians assigned to commands like the JTF come from different ethnic and cultural backgrounds, the Navy creates a menu that brings a little taste of home to the galley's patrons.

One of her Scott's staff's most difficult tasks is accommodating the special meals that are prepared for detainees. Since the detainee's menu calls for special meats such as Halal beef and chicken, their meals must be prepared in a separate area of the

dining facility. Monthly, the detainees are provided with a "holiday feast" that is created using recipes of foods indigenous to their culture.

During Ramadan, Samandher staffprepare ethnic dishes such as Tabbouleh, Chicken Kabsa, Aroz Saudi, Shish Kabab and Baklava. Scott attributes the good working relationship between Pentad and the JTF leadership as instrumental to ensuring that detainees maintain good nutrition while they practice their religion.

Scott's years of success in the food services industry shows that no challenge has been too difficult for her. As a four-time winner of the Army's prestigious Connolly Award, Scott has shown others in her profession that she is capable of running a top-notch Army dining facility.

Scott has spent her 30-year career working in Army and Air Force dining facilities throughout the United States. When Scott immigrated from Korea in 1974, she was first hired at a Fort Campbell, Kentucky, dining facility washing pots and pans. Sam said she quickly fell in love with the food services industry and moved up the ranks into her current position.

Although this is the first time Scott has worked in a military dining facility outside of the United States, she said her mission here is the same – to provide excellent food service and take care of her second family, the Troops.

"We need to take care of our family, which is what I call the Troops. We must also take care of our guests, the detainees. We must make sure both sides are equally taken care of," said Scott. "We've got very good command support here, and that is what makes it a lot easier for food service to work and run well here."



# AROUND THE

■ Soldiers from the 525th Military Police Battalion practice defensive takedowns while fighting the effects of pepper spray during an exercise in Camp America Sept. 19. (Photo by Navy Petty Officer 2nd Class Jeff Johnstone)

Army Master Sgt. Wilfredo Rivera receives a certificate of appreciation from Maj. Edgardo Diaz Sept. 19 for his hard work while assigned as a plans and training noncommissioned officer. Rivera, with the Puerto Rico National Guard, is assigned to the Joint Detention Group. (Photo by Navy Petty Officer 2nd Class Michael Billings) ▶





■ Navy Lt. Dennis Ebersole enjoys some humor and good food with friends at a Hail and Farewell dinner for departing members of the Joint Intelligence Group, Joint Task Force-Guantanamo on Sept. 26. (Photo by Navy Petty Officer 2nd Class Michael Billings).